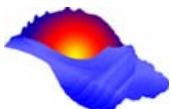




# For those with Cancer, You can heal yourself!

An opinion by Ranjana Appoo

1. **Get Informed.** Read accounts of how more than thousands of people get over cancer and go on to enjoy a better quality of life. (Many have done this via a combination of nutrition, herbal, homeopathic, Jin Shin Jyutsu, EFT, Ayurveda, Kineasiology and other complementary and alternative therapies... It is very inspiring how so many have overcome their disability)
2. While you are reading-**start supplementing** your Diet with 1 to 5 grams of vitamin C or ascorbic acid (it is preferable if it is in a powdered form for ease of absorption, powdered calcium ascorbate which is buffered Vitamin C is better for weakened systems) Read Dr. Rath's research on Cancer and Cellular Health and Dr. Linus Pauling's Research (2 times Nobel Prize winner) Consider a good quality antioxidant.
3. Try and reduce alcohol, sugar, red meat and dairy. It will help to quit smoking. To help you with this start taking a **colloidal vitamin and mineral supplement with fulvates (like Maximol)** and a powerful antioxidant. This should give your body a head start to continue its own healing process
4. You may want to consider having Essiac Tea, Apricot kernals (Or B17) and doing a parasite cleanse. **Hawaiian Noni Juice** also has many many benefits.
5. **Increase in Fruits and Vegetable intake** helps tremendously. You may consider stopping tea and coffee, which are acidic foods. Other acidic foods are white bread, fast foods and sugar. Fruits and vegetable are Alkaline. The acid alkaline balance is very important for health. Our bodies function best when it is slightly alkaline.
6. **Rest, Rest, Rest and Relax**, give yourself breathing space and time to heal. It is a very good idea to include a mind-body-spirit activity like yoga, meditation, massage, Qigong, reflexology, Emotional Freedom Techniques EFT, Journey work, Jin Shin Jyutsu, Art Therapy etc. Perhaps invest in a Chi machine. This can help you be positive and transform the way you perceive your illness and your life.
7. **Reduce the pollutants in your life**, check your toiletries, check your environment, check your work place, think of protection from Electro-Magnetic Radiation etc. Change to pure and safe cosmetics and toiletries.
8. **Soak your feet or body in tub of water with Epsom salts.** This detoxifies your body and washes away "stuck" energy. Fill up the tub with warm/hot water (hot enough for comfort) and pour in about 2 cups of Epsom salt. Add some aroma oils if desired. Get in and enjoy! Visualize the old and stuck energy lifting off your body.
9. **Drink pure clean water.** If you are not drinking water then you are not going to be eliminating toxins that accumulate in the body. If you are not drinking enough water you will also start to dehydrate and the body will begin to loose vitality rapidly.



### Basic Recommended Reading:

Cancer, why we're still dying to know the truth, Phillip day, Credence publications,  
(to order call tel:01622 832 386)

Great News on Cancer in the 21<sup>st</sup> Century by Steven Ransom, Credence publications  
(to order call tel:01622 832 386)

Everything you need to know to help you beat cancer, Chris Woolams,  
(To order call 01280 815 166)

ICON Magazine, Integrated Cancer and Oncology News,  
(To order call 01280 815 166, check out their website and charity CANCER ACTIVE)

Living Proof, a medical mutiny, Michael Gearin-Tosh (to order call 01280 815 166)

Your life in your hands, Professor Jane Plant (She overcame breast cancer)

The Vernon Coleman Health Newsletter

What Doctors Don't Tell you Publications on Cancer (tel: 020 8944 9555)

For more information and/or how to get pure safe, and beneficial products call:

The person who gave you this sheet

Or The Emotional Health Centre on 01424-427-919

### Useful website addresses:

[www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

[www.campaignfortruth.org](http://www.campaignfortruth.org)

[www.worldwithoutcancer.com](http://www.worldwithoutcancer.com)

[www.emofree.com](http://www.emofree.com)

[www.mercola.com](http://www.mercola.com)

[www.iconmag.co.uk](http://www.iconmag.co.uk)

[www.cynus-books.co.uk](http://www.cynus-books.co.uk)

[www.vernoncoleman.com](http://www.vernoncoleman.com)

[www.wddty.co.uk](http://www.wddty.co.uk)

<http://www.innertalk.co.uk/products/productsfree.htm>

The human body has an amazing capacity to recover, if we look after it properly and if we supply it with the proper materials for repair. Working with non-toxic, physio-friendly treatments can only work in our favour. Just look at the side-effects of vitamin B17 which is present in apricot kernels as described by G. Edward Griffin in World Without Cancer:

*"B17 side effects include increased appetite, weight gain, lowered blood pressure, increased hemoglobin and red blood cell count, elimination or sharp reduction of pain without narcotics; builds up the body's resistance to other diseases, is a natural substance found in foods and is compatible with human biological experience, destroys cancer cells while nourishing non-cancer cells..."*

I am not a doctor or a healthcare professional. This advice is my opinion having been a witness to my own healing and those who I care for. You are responsible for your health. It is easy to do your own research. Find a support group - exchange information. Your Doctor can help you, Surgery and Allopathic treatment are options but there is a lot you can do for yourself. You can take control of your own health future. Best Wishes Ranjana

